

# BOOMERS A TO Z

**My Life, My Time, My Way**



**“Ask the Therapist” from Crossings East and West**

**Question/ answer session about short term rehabilitation and Long Term Care- to include tips and suggestions for home exercise programs.**

**Tuesday, September 13, 2016**

**5:30pm to 7pm**

**Supper at 5:30pm for only \$6 – Baked Pork Chops**

**Speaker: 6pm to 7pm including a Q and A session.**

**Please register by Sept. 9, 2016**

**(860)441-6785**



**Discover the Groton Senior Center**

